



WIC Informer

Pregnancy

Ginger for Nausea

Ginger has long been used to help decrease nausea. New studies are showing that taking ginger in early pregnancy can help reduce nausea and vomiting. Ginger ale, ginger tea and candied ginger may help symptoms.

Ginger supplements have interactions with many medications. People with gallstones, diabetes, or heart disease and those taking blood thinners should not take ginger supplements. **Talk to your doctor before starting any supplement.**

Infant

Physical Activity Important For Infants and Toddlers

Infants and toddlers need physical activity just as much as older children and adults do. Put infants in safe settings that encourage physical activity, not in infant seats or strollers that restrict them for long periods. Give toddlers at least 30 minutes of structured and one hour of unstructured physical activity a day.

Promoting positive behaviors such as regular physical activity early in life may help prevent obesity in later childhood and adulthood.

Links:

http://www.aahperd.org/naspe/temp_late.cfm?template=toddlers.html

Guidelines on exercise and toddlers.

The USDA is an equal opportunity provider and employer.

<http://www.cdc.gov/nccdphp/dnpa/physicalactivity.htm>

Recommendations from the CDC.

<http://www.aap.org/advocacy/physicalactivity.htm> Suggestions from the American Association of Pediatrics.

Breastfeeding

Breastfeeding and beer do not mix. Beer does not increase your milk supply.

The idea that alcohol increases your milk supply comes from a study that showed beer raised a hormone in your body. This hormone was thought to raise milk levels. It does not.

It was also thought that maybe the B vitamins found in beer help to relax a woman. Commercial beer does not have the same B vitamins that cause relaxation. Relaxation has not been shown in studies to increase milk supply or affect milk let-down.

Actually, some studies have reported a small decrease in milk production when a woman drinks alcohol. However, this is not enough of a decrease to cause a woman to stop producing.

If you want to increase your milk supply try the following:

1. Breastfeed your baby more often. The more you feed your baby the more milk you produce.
2. Give your baby lots of skin-to-skin contact.
3. Use a breast pump to express your milk when you are away from your baby.
4. Call WIC or your hospital's lactation consultant for breastfeeding advice that meets your and your baby's specific needs.

Toddler/Child

Children need nutritious snacks! Try the following guidelines:

- * Treat snacks like a mini-meal. Include foods from 2 or 3 food groups (in little portions).
- * Offer snacks about 2 hours before meals.
- * Have children sit down to eat.
- * Turn off the TV and put toys away to avoid distractions.
- * Eat snacks with your child.

Snack ideas:

yogurt, diced fruit and cereal
apples with cheese or peanut butter
cottage cheese and peaches
cereal, milk and sliced banana
tortilla with cheese

Try our Bean Dip recipe! If you serve it with tortillas and a small glass of juice, you'll be eating from ALL the food groups.

MEXICAN BEAN DIP:

2 cups cooked dry beans (1 can)
2 Tbsp dry milk powder and 2 Tbsp whole milk
½ cup salsa
½ cup grated cheese

1. Mash beans with fork or potato masher.
2. Mix milk, salsa & cheese into beans.
3. Top with avocados & sour cream (if desired).
4. Serve with tortillas, veggie sticks or low-salt tortilla chips.

CHIPS & SALSA GRAPHIC OR A SOMBRERO

Family

A new booklet, "Adventures in Parenting: How Responding, Preventing, Monitoring, Mentoring, and Modeling Can Help You Be a Successful Parent" teaches about the challenges that parents face in rearing happy and healthy children and suggests ways to become a more effective, more consistent, and more attentive parent. The booklet offers strategies on parenting practices for children of any age.

-Respond to your child in an appropriate manner

-Prevent risky behavior or problems before they arise

-Monitor your child's contact with his or her surrounding world

-Mentor your child to support and encourage desired behaviors and

-Model your own behavior to provide a consistent and positive example for children.

"Adventures in Parenting" is available free-of-charge by calling the NICHD Information Resource Center at 1-800-370- 2943. It also is available online at www.nichd.nih.gov.

Lead Program

Is Your Child Lead Safe?

Lead poisoning is a serious health problem for children that can cause damage to the brain and central nervous system, behavior and learning problems, slowed growth, hearing problems, and headaches.

Central District Health Department is offering **FREE** lead screening to any child on Medicaid between the ages of 9-months and 6-years. Call 375-5211 in Boise and 587-4407 in Mountain Home for an appointment.

Feature Article Post-partum Depression

As a new mother, are you experiencing any of the following?

- Irritability/anger/frustration, little things set you off.
- Loss of interest in usual activities.
- Difficulty resuming usual activities.
- Loss of appetite.
- Excessive crying or sadness.
- Difficulty sleeping or staying asleep.

Many women feel "the blues" after their baby is born. Most of the time, these feelings improve a few weeks after delivery. Some women have post-partum depression - they feel tired, helpless, inadequate, hopeless, or that things are "just not right". These feeling may continue for months or years.

It is important that if you (or someone you know) is feeling the symptoms listed above, you get help. Depression is not a sign of weakness or inadequacy. It involves chemical changes in the brain. Medications help correct the imbalance of brain chemicals and improves symptoms within a few weeks of starting them.

Talk to your doctor to ask about your symptoms. Join a support group of other women who have gone through the same things. St. Luke's Postpartum Support Group meets every Tuesday 4-5:30. Call 381-1200 for more information.

How to support a friend/family member with depression:

- Don't assume things are great.
- Do realize that mom may feel guilty about her feelings.

- Don't tell her to "buck up" or "snap out of it".
- Do encourage her to get medical treatment.
- Don't expect her to admit there's a problem.
- Do encourage her to join a support group.

Smoking & Teenagers

The earlier a person starts smoking the greater the risk to their health in the future. Among teenagers, the risk of heart attack in later life seems remote, but even teenagers can suffer coughing, lower stamina and a fast heart rate from smoking. These conditions will worsen over time and can develop into heart disease or chronic lung disease if a person keeps smoking.

Most smokers start smoking as teenagers. In fact, it's estimated that 80 percent of all smokers start smoking before age 18. 3,000 young people under age 18 start smoking every day, and 1,000 of them will eventually die from cardiovascular disease.

Recipe Sweet & Sour Chicken

1 chicken breast or 2 thighs, cut in small cubes
 ½ onion, thinly sliced
 2 Tbsp. Cornstarch
 1 cup pineapple juice
 ¼ cup brown sugar
 1 Tbsp. soy sauce
 ¼ cup vinegar
 1/8 tsp. Chinese 5 Spice (can substitute 1/4 tsp ginger)
 20 oz can pineapple chunks
 1 Green pepper, cut in 1" squares
 2-3 carrots, sliced

Instructions:

Brown meat in non-stick pan. Add ¼ cup water and onions, cover and simmer 5-minutes. Mix cornstarch, juice, soy sauce, sugar, vinegar & spices. Pour over meat. Simmer until thickened. Add pineapple and vegetables, heat until warm. Serve over rice.